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ON
HEALTH & BEAUTY.

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A LECTURE
ON THE
GENERATION, INCREASE, AND IMPROVEMENT
OF THE
HUMAN SPECIES;
INTERSPERSED WITH
Receipts for the Preservation and Exaltation
OF
PERSONAL BEAUTY AND LOVELINESS,
AND FOR
PROLONGING HUMAN LIFE,
HEALTHILY AND HAPPILY,
TO THE VERY LONGEST PERIOD OF HUMAN EXISTENCE.

*Endowing every Man and Woman with the Breath of Beauty ;
the Condensed Light ; the Life of the Body ; the Love of the
Soul ; the Magnet of Love ; the Essence of Ages ; the Liquor
of Life ; and the True PABULUM or Food of all Pleasures !*

—♦♦♦—
This Curious and most Eccentric, most important, most eloquent,
and most cordially concentric Lecture, is begun with enumer-
ating the safest and most efficacious Ways and Means of Pro-
ducing a Numerous, a Healthy, a Beautiful, and a Virtuous
Offspring ; with Private Medical Advice to Married Ladies
and Gentlemen who are not blessed with Children. Contain-
ing such Precepts as will, if duly attended to, make Man and
Wife Sweeter, Lovelier, and more Desirable in each other's
eyes.

—♦♦♦—
ORIGINALLY SOLD FOR ONE GUINEA.

—♦♦♦—
BY JAMES GRAHAM, M.D.

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THE HUMAN SPECIES
 A MONOGRAPH
 ON THE
 VARIATION OF THE
 HUMAN SPECIES
 IN THE
 PHYSICAL, MENTAL AND MORAL
 CHARACTERISTICS
 BY
 JAMES H. HENNESSY, M.D.
 OF THE
 UNIVERSITY OF CHICAGO
 CHICAGO
 1891

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A GENUINE LECTURE
ON
GENERATION, ETC.

GENTLEMEN,

I shall not presume to take up too much of your time, or be more tedious than is absolutely necessary for the illustration of this important subject. In order that the lecture may be as interesting as the subject is entertaining; what I have to offer, though with brevity, yet it shall be with clearness and precision, and totally free from technical terms and abstruse reasoning.

Gentlemen, the most important business of every thing in the animal creation, is to propagate the number of its species;—this is an object of the greatest consequence, so great, that the attention of the philosopher and man of science has been directed to consider with care, and endeavour to find out the real cause of generation. The Prince likewise has considered this an object of importance, as the security of his throne, the wealth and prosperity of his dominions, depend upon the number of his subjects; at present our observations shall be confined to the procreation of the human species.

It is well known that the principle of propagation in man is the strongest of the human passions; so strong is the propensity in man to cohabitation, that

it too often overcomes his reason, and hurries him on to ruin and destruction; it is, therefore, incumbent on us to restore that manly firmness and vigour, which, from the depravity of human nature, by means of luxury and dissipation, have for more than a century been lost: this has brought on diseases which have enervated and debilitated the human race. The great author of our being has, by the strongest ties, bound us to temperance and sobriety; but we, regardless of that authority, or our own peace and felicity, have brought on diseases, which are so interwoven in our constitutions as to render us totally unfit for the noble office of producing a vigorous and healthy offspring. We have been trying the influence of medical and moral reasoning, in order to investigate the cause of this degeneracy, and have pointed out the source from whence it proceeds, and the means of effectually removing the evil; but national prejudices are so strong, that defiance is bid to the plain and simple laws of nature. Legislators and divines have been so long under these prejudices, so far are they from following nature, that they fly in her face, and are governed by absurd and ridiculous custom.

We are told by political writers, that the inhabitants of this island have decreased amazingly, and every succeeding generation becomes more and more weakly; though these are alarming circumstances, and call loudly for a remedy, yet they are totally neglected. Gentlemen, the degeneracy and imbecility of body and mind, so prevalent in this country, not only destroys the state, but likewise the peace and happiness of individuals; for no man can have felicity in the hymeneal state, when his wife is barren.

Indeed, health and children are as necessary to the prosperity of mankind, as the genial rays of the sun are to enlighten and cherish the fragrant plants. I think that children are as necessary to happiness as health. So much was barrenness dreaded by the ladies in ancient times, that they were miserable, and became objects of reproach and scorn. "Give me children," says the lovely Rachel, "or else I die."

Barrenness is always the effect of natural causes. I shall have the happiness to convince you of the truth of this position; but before I proceed let us enquire into the political reason of this degeneracy of the human race. Gentlemen, there is no maxim so clear as this, that men will propagate in proportion as matrimony is encouraged. Men may fly to other methods of indulging their passions; but we all know, that the children begotten out of wedlock, are but few in comparison, and these feeble and weak, from the want of paternal care and tenderness.

The first step towards the encouraging of matrimony, would be to suppress all public prostitution. I am sure there is no one who hears me, whose soul does not shrink with horror, when they see the once innocent, beautiful, and lovely females, now abandoned and wretched, who have perhaps been enforced to the embraces of a debauched and diseased old man,—who have prostituted those delicate feelings and noble passions, for what? not for the enjoyment of those exalted pleasures, but for the sake of a scanty livelihood. Such a situation, by far too common, is wretchedness indeed! besides destroying their own happiness, it destroys the vigour of the genital parts; necessity tempting them to frequent acts of venery. I cannot call it pleasure; for the fine and

susceptible organs of generation are rendered callous ; it determines all the springs of love and happiness ; blasting, like a worm at the root of the tender and blooming flower, all its beauty. Were a plan to be concerted by the wisest of men to destroy the human race, no one could be more effectual than public prostitution.

The next step towards the encouragement of matrimony, would be to give certain rewards to the lower and middling classes of people, and a tax on those at a certain age, proportionate to their circumstances, who did not marry. You know this was the case with the wise and sagacious Romans ; but so far are the wealthy inhabitants of this country from adopting so humane and judicious a plan that if a poor servant commits the crime of matrimony, he is turned out of his place. Surely it is for Britain to correct so great an evil, whose adventurous sons and daughters people all climes, from pole to pole, braving every danger. Dr. Armstrong says,—

—————“ If from thy secret bed
Of luxury unbidden offspring rise,
Let them be kindly welcom'd to the day,
'Tis nature bids. To nature's sacred voice
Attend ; and from the monster-breeding deep,
The ravag'd air and howling wilderness,
Learn parents' virtues. Shall the growling bear
Be more a sire than thou?—An infant once,
Helpless and weak, but for paternal care,
Thou hadst not lived to propagate a race
To misery, to resign to step-dame fate
Perhaps a worthier offspring than thy sire
Tenderly rear'd.”——

I say, then, if matrimony were encouraged under proper regulations, there would soon be an offspring, sufficient to man our fleets and increase our armies, as would bid defiance to our most inveterate foes ; whereas from the depravity of the age, the most laborious and industrious husband must be dragged from his peaceful habitation, and the tender embraces of a fond and affectionate wife, to pursue with horrid barbarism the destruction of his fellow-creatures ; and even to plunge the cold and bloody steel in the hearts of our American brethren. But let me not touch upon such a dreadful subject ! my soul is filled with horror and indignation when I reflect on the innocent blood which has been shed in the cruel struggle. O God ! if the demons of war are still to be let loose among mankind ; if man, with more than brutal fury, still thirst for human blood ; if populous isles must be made desolate, and flourishing cities laid in ashes ; if the aged and infirm, if the helpless babes, are thus to be cut off from the earth, let it not be recorded in the annals of heaven that they were Britons, the sons of this fair isle, who were the instruments of such diabolical acts of cruelty.

Gentlemen, I do not conceive that any apology is necessary for this political digression, when it is remembered, that the propagation of the human species is the subject of our attention. Whatever the number of the inhabitants of this country may be at present, certain it is, that by proper care and attention it may be doubled. Where the parents are healthy and in full bloom, were they to receive a small premium on the birth of every child, it would be a strong inducement to fertility ; poor men would be comforted in their old age ; their children would rise up

and call them blessed. We can hardly form an idea to what extent the inhabitants of this country might be increased ; instead of remitting such vast sums to America for the destructive purpose of carrying on this war, were it to be applied in the way I just mentioned, taxes, already overgrown, would be lessened, and men more happy than they are at present. From ambition, luxury, and dissipation, the great ones of the earth find it necessary to beggar the poor. To support their luxury, they reduce one half to extreme poverty, and to gratify their pride must send the other half to captivity. I am fired with indignation when I think of the millions of gallons of innocent human blood, which have been wantonly shed, and run down the fair fields in America.

But to return to the subject ; when I say that encouragement ought to be given to matrimony by the legislature, I do not mean that those who come into the world with rooted diseases from their progenitors should marry ; from men and women of this description proceed a weak, sickly, and despicable race. No man or woman, whether rich or poor, ought to taste any liquor but water, except good wine, which is not to be got in this country.

Gentlemen, I have said that persons of a certain description, whose constitutions are infected with inherent diseases, ought not to marry ; it may be asked, what ought they to do ? I must say, they ought not to be tied back to back with old women ; or if they are connected, it should be with old women that are past child-bearing ; if they were to marry young women, they would hurt themselves and the community, by transmitting a puny, infirm race of beings, which are a nuisance to society ; but as no regula-

tion of this sort is likely to take place, I would recommend to all those who intend marrying to be particular in the choice of a wife ; to marry one who is full, healthy, and blooming ; the seed may be improved by crossing the breed. Gentlemen, take care to have a fine breed of horses, but neglect what is far more essential, to have a fine breed of children. Where two constitutions are perfectly similar, either with respect to health or disorders, it is impossible but the offspring must partake of it.

In the choice of a woman, passions of the mind are not to be overlooked. Hysteric, and all the said train of gloomy melancholy affections ought carefully to be avoided ; the old adage, that, "like begets like," ought never to be forgotten. Love and certain amusements, ought not to hurry men and make them forget the grand object of matrimonial happiness ; nor let licentious pride overcome their reason ; but carefully attend to the dictates of reason and common sense.

Gentlemen, we shall now proceed to enquire into the causes of generation ; likewise the cause of barrenness, and point out the most effectual means of removing it. But, that I may be better understood, it may not be amiss to take up the various hypothesis which have been adopted on the subject, and endeavour to establish a new theory of generation on a more rational ground than the doctrine of the ancients.

Man, either from curiosity or an inquisitive disposition, has been led to enquire into the causes of his own existence. In following up nature to its source, the philosopher finds himself in the dark ; but though unable to unfold her mysterious process,

and demonstrate upon clear ground, imagination supplies the wants of facts; hence originate false notions, which for a time have been universally received. There is no subject more perplexed and less understood by the ancients, than that of generation.

They considered that the male seed was sufficient of itself without the assistance of the female semina; that the male seed contained the fœtus, and was only lodged in the uterus of the woman as a place of nourishment; so that the child had no more dependence on the mother for its existence, than a plant has upon the ground upon which it grows; but we find children to resemble both parents; this truth suggested another, and occasioned a second hypothesis of the child being produced from a mixture of the semina of both parents; this was the opinion of the great Aristotle; but this did not long prevail, it was soon overturned when anatomy came to be better understood. It was well known that many women do not emit in the act of copulation, which decides clearly against this hypothesis.

Early in the sixteenth century, vesicles, or eggs, were discovered in the ovaria, or female testes; the fœtus had been found sometimes in the abdomen—in the cavity of the belly, out of the uterus,—at other times, in the FALLOPIAN tubes.

In consequence of these discoveries, the two former opinions were exploded, and a new theory of generation adopted. It was evident from these facts, that conception does not take place in the womb; if it did the fœtus could never be found out of it, unless a laceration had taken place, which no one has ever pretended to have seen.

By the abettors of this theory, the ovaria were compared to a bunch of grapes in miniature, being supposed to consist of little berries, vesicles, or bladders, each of which had a little stalk, so that it might be disengaged without hurting the others, or spilling the liquor it contained.

Each little berry or vesicle was said to contain or include a little animal, almost complete in all its parts;—that is to say, a child sketched out in miniature in all its parts;—and that the subtle penetrating vapour of the male semen being conveyed in the act of copulation to the ovarium, was supposed to produce a kind of fermentation in that vesicle which approached nearest to maturity, and thus inducing it to disengage itself from the ovarium, it passed into the fallopian tube, through which it was conveyed to the womb. Here it was supposed to take root like a vegetable seed, and to form, with the vessels originating from the uterus, what is called the placenta, or after-birth, by means of which the circulation is carried on between the mother and the child.

This hypothesis, which by the way is not very wide of the truth, continued to be almost universally adopted till towards the close of the sixteenth century, when Leewenhock, by means of his glasses, discovered certain opaque particles, which he described as so many animalcula floating and skipping about in the male seed. This discovery introduced a new schism among the philosophers of those times, and gave rise to a system which is not yet entirely exploded.

According to this theory, the male semen passing through the fallopian tube, one of the animalcula penetrates into the substance of the ovarium, and

enters into one of its vesicles or ova. The impregnated ovum is then squeezed, as it were, from its husk; through the coats of the ovarium, and being seized by the fimbriæ, is conducted through the tube to the uterus, where it is nourished, till it arrives at a perfect state, and is ushered into the world.

Though there is much ingenuity displayed in this system, yet, gentlemen, it lies open to many objections. Circumstances supposed to take place, have not hitherto been sufficiently explained; and even the animalcula described by Leewenhock, are said by some more modern philosophers to be only organic particles of matter. Besides, it seems hardly consistent with the wisdom and with the economy of God of nature, (who creates nothing in vain), to create millions of millions of animalcula or animated beings, merely to serve for the production of one! Nor is it a little whimsical, or even ridiculous, to suppose that all those animalcula are homunculi, little men and little ladies, frisking and playing about in the male seed, each of them endeavouring to get first into the ovarium, and from thence into the womb, so that in time they may become fine ladies and gentlemen, princes, prime ministers, lawyers, heroes, proud, lazy, luxurious parsons, duellers, and other modern men of honour, idiot magistrates, theatrical buffoons, desperate gamblers, rascally rambles, divine and moral philosophers, and even (if you allow me to descend so very low), electrical quack doctors!

But, gentlemen, arguments of a more solid, and of a more serious nature, press hard on this system. The Count de Buffon, who has written with great ingenuity and elegance on the subject of generation, labours to restore, in some measure, the most ancient

opinion, by allowing the female semen a share in this office. He asserts, that animalcula, or organic particles, are to be found in the seminal liquor of both sexes; and derives the female seed from the ovaria, in which he maintains that no such thing as ova exists. But in this idea, the learned Count hath been too precipitate; he is certainly mistaken; for there is the greatest reason to believe that an impregnation of the ovum by the influence of the male seed, is essential to generation.

But, gentlemen, to recount all the systems, and to enumerate all the arguments which have been advanced in supporting or confuting them, would be an endless and a useless task. Suffice it to say, that after much disputation, it appears most probable, nay, indeed I may venture to say, certain—that the future child, which in its very minute state is called the germ, egg, or embryo, actually and previously subsists in the ovarium of the mother. Yes, gentlemen! the complete future child, (like the plant with its leaves, flowers, fruit, and seeds, wrapped up to us invisible in the seed), actually subsists in a dormant or inanimate state in the ovarium, or in the egg-bed of the mother, each ovum containing a child sketched out in miniature, in all its parts, long before the commerce between the sexes;—and that what is styled the act of generation is only the means intended by nature to animate it or to set the animal machine a going—or in motion.

This is what is called conception; and with this view the vagina, and the womb, are most plentifully furnished with nerves; and during the connection of sexes, those parts seem to be endowed with a tenfold portion of sensibility. The state of the nerves which

occasions this increased sensibility is no doubt communicated to the fallopian tubes, by which their ragged ends are erected, and applied to the germ in the ovarium in such a manner as to facilitate its escape. The germ finds a ready access into the open extremity of the tube, and through the tube itself, assisted by the increased secretion of mucus, a convenient passage to the womb; to which it soon adheres, and is nourished during nine months by the mother's blood.

Thus, gentlemen, in consequence of the act of generation, the germ, or egg, being fecundated or impregnated, it escapes from the ovarium, and the motions of its inherent fluids and faculties commence; for though the embryo or foetus is supplied with fluids from the mother, they are circulated by its own powers; and on this circulation of the fluids, LIFE depends; for the germ, when once endowed with life, is fully possessed of the means of continuing it; and that chiefly by the influence of its own admirable mechanism.

This exquisitely penetrating seminal liquor, then, gentlemen, is a true and inconceivably powerful stimulus, which, in the act of generation, being conveyed by absorption to the heart of the germ or embryo, excites or rouses it in a powerful manner, and communicates to it a new or more sensible activity; or that which we call LIFE! This is what is styled CONCEPTION; and as I have just observed, motion being once impressed on the little mobile, or moving body, is there preserved, I believe solely by the energy of its own mechanism. But the prolific liquor of the male is not a mere stimulus; no—it is likewise a nutritious fluid, exquisitely adapted to the

extreme delicacy of the parts of the germ ; and, indeed, there are many proofs that the prolific seminal liquor of the male is the primary aliment of the germ or future child ; and that being conveyed by the absorbents and arteries to all the parts of the embryo, it unites itself, within a determinate relation, to the nature of each and every part, and from thence proceeds what we call GROWTH, or the perfect child.

We have a powerful argument in favour of this mode of generation in the economy of the feathered tribes. In fowls of every kind we know, that conception does not take place in what is called the egg-bed, which is analogous to the ovaria in women ; and that the eggs pass into the uterus of the fowl, some time after they are fecundated, and considerably increased in size. Each of the eggs is likewise known to leave behind it a glandular-like substance, analogous to what anatomists call the corpora lutea, which are found in the ovaria of women who have had children.

It may be objected to my system, that the male semen can only get into the female ovaria by absorption. But this, if duly weighed, will not be found to militate against my hypothesis ; for many of the most important functions of the body are carried on by the same means ; and even nutrition, upon which life itself depends, is entirely performed by absorption. The lymph, too, or nutritious chyle, is taken up by vessels much smaller than those which carry the semen, and is by them conveyed from every,—even from the most remote parts of the body, towards the thoracic duct, which pours it into the blood.

To trace the progress, gentlemen, of the fœtus, from its almost imperceptible state till the time when

it arrives to full maturity, would prove both curious and agreeable ; but this, with many other particulars of an entertaining nature, must be entirely omitted, in order to give way to things which are far more interesting, more useful, and at the same time, more delightful.

Thus, gentlemen, I have had the honour of laying before you my decided opinion concerning the real mode and nature of generation ; and, in a few words, to recapitulate this most curious and important matter. It is this : the germ, embryo, foetus, or future child, actually exists in the ovarium, or egg-bed of the mother, completely sketched out in miniature, while she is yet in the virgin state. Nay, all the future children actually exist in the egg-bed of the future mother, even before her birth. That is to say, if only one woman (to wit, Eve), was created at the beginning of the world,—all the men and women that have been, that are now, or that ever will be in the world, were actually in that woman ; and, to make use of a coarse simile to persons of gross and clumsy apprehensions, Eve, or the first woman, was the outside pot or box, in a nest of gally-pots or chip pill-boxes ; and Adam, and his male successors, had only the pleasure of striking life into them, or of turning them out. And as every pot or box in the nest is necessarily smaller than another, or than that which incloses it, I have perhaps happily stumbled on a true way of accounting for the great and gradual degeneracy and diminution of the human race, in their bodily and mental faculties, and in point of longevity ; and we may, by and bye, perhaps realise the stories of fairies, imps, and pigmies, till the least and the last being turned out, the human species shall

then become, like some other species of animals, totally extinct. Man, the universal tormentor and murderer of his own and every other species, being then no more, all the other creatures which are connected with this world, living in peace and safety, shall rejoice, and shall enjoy full and uninterrupted measures of happiness, according to their respective natures and capacities.

Gentlemen, I have just asserted, that all the future children actually subsist in the ovarium of the mother, not only when she is in the virgin state, but even before the birth of the mother herself; and that the convulsive and extatic spasm,—that the temporary dissolution, ejection, or going out of all the faculties of body and of soul,—that the developing, or casting off of their middle, warmest, and most luminous garment, which we very properly term the act of generation, are the only means employed by nature to animate the germ, or embryo; and this instant is the moment of conception in woman, and is performed altogether by absorption. But, alas! gentlemen, who can pretend to demonstrate to our clumsy and obscured senses and apprehensions, an affair of such intricacy? Though nature is ever and continually at work on the left hand and the right, yet we seldom can visibly observe her in the instant of her operations. Art works visibly, periodically, and outside, her work; but nature invisibly, continually, and within her work. Surrounded, then, as it were with clouds, we grope on in the dark; and even the most sagacious among us are seldom able to explore her ways beyond the reach of common effects and appearances. We ought, nevertheless, to continue useful investigations; for as yet we know less than nothing,

when compared with what is yet unknown. The most valuable treasures are yet reserved, unexplored, in the immense, in the boundless fields and store-houses of nature!—treasures which will assuredly reward the labour and liberality of the diligent and opulent enquirer, and crown his head with such laurels as will not soon fade.

You will agree with me, gentlemen, when I say that the source and basis of all matrimonial connections should be mutual love and mutual esteem; where these obtain, with sound constitutions and suitable years, the embraces of the parties will seldom fail to prove fruitful, and their offspring healthy. But where these are wanting, they will prove but cold and languid. Love, however, esteem, pecuniary or any other considerations, ought not to blind a man so far as to render him inattentive to the health of his offspring. This, in forming a matrimonial connection, ought to be a primary object of attention. For, gentlemen, a sickly offspring is far worse than no offspring at all. It renders the parents themselves miserable:—weakening and untying the bands, and corroding, as it were, the great chain of society. Besides, a sickly person can never long be an object of eager or of cordial love. No, for firm health, a sweet temper, and soft, attentive, endearing manners, are the very soul of beauty,—and consequently at once the food and companions of love. It is, therefore, a matter of the greatest importance to both sexes, to fix on an object who is found healthful, and well educated, under a strictly virtuous and very watchful eye, as a partner for life. These will be found to afford far more solid and more lasting happiness, than with an alliance with either beauty, family,

or riches, where the constitution is originally bad, or where it has been weakened by too soft, too indulgent, or too relaxed an education; for as all the future happiness of life depends on the proper training of children till they attain to their twenty-first or twenty-fifth year;—so their strength, their beauty, and their number must all in a great measure depend on the constitution of their parents. This, when bad, like a worm in the bud, doth not fail to corrode and destroy the tender animal plant,—for then it must droop or die, long before it arrives at mature age. Indeed, plants do not with more certainty derive their strength, their verdure, and their vigour, from the soil in which they vegetate, and from the circumambient air, than children do from their parents, and from the mode of their bringing up; nor will the world be ever peopled with a race of true heroes, or of extraordinary men or women in any line or department of life, begotten by rakish, debilitated men or women, soured, jaded, and worn down with the mad, irrational, expensive, health-destroying, and unsatisfactory attendance upon public places,—with the agitations of play, with midnight racketing, with exhausting amorous indulgencies, and with the consequent hysterical and other nervous diseases.

A delicate woman, gentlemen, with her mind soured and agitated,—with the sweet milk of humanity curdled in every vein, and her whole body relaxed and debilitated, by sipping almost continually strong poisonous foreign tea, and tea and coffee,—by soaking daily till noon in a close room, among soft, dead animal substances,—feathers, I mean down, blankets, and steam,—and, in a word, continually racketing about, subverting the order of nature, by

turning day into night, and night into day,—may, no doubt, sometimes conceive ; but she will very seldom, or never, bring forth a child at the full time. If she does, it will be but a puny, puling creature ; not able to go through the common functions of life ; neither will the mother be able to give it suck ; so that the unfortunate infant must either perish for the want of its best and most natural food, its own healthy, regular, mother's milk ;—or some other child must be robbed of its nurse, in order to supply it with what it ought to have received from its own mother. But this is not all. The mother herself often falls a sacrifice to the want of this most natural, this most necessary, and most pleasing of all evacuations—the suckling of her own children. Let us, therefore, bless God, gentlemen, that a certain beautiful, angelical, young noblewoman, who is at once an honour and a blessing to the world in general, and a bright ornament to the peerage, and to her sex in particular, is now giving the most excellent, most useful, and most charming example to her fair country women, of suckling their own offspring, with their own milk, and of imbuing them with the celestial sweetness of their own angelical nature !

But to return. Men and women who have originally from their parents even the soundest and most vigorous constitutions, may, by their own vices and imprudences, so injure those naturally good constitutions, as to render their children feeble and delicate, and sometimes to prevent them from having any children at all. What Horace says of the infernal art of war, will be found equally applicable to vices of every kind, "*Vitio parentum, rara juvenus ;*"—for early debauchery,—I mean especially the too

early or the too frequent discharge of the seminal fluid, either by certain secret, selfish practices, or by beginning to perform the natural venereal act at too early a period of life,—before the body and the mind have attained to their full growth, strength, beauty, and firmness too, is utterly destructive both to health and happiness. Gentlemen, I tremble when I think on the melancholy and deadly consequences of early or excessive venery; it not only dissipates the strength, the brilliancy, the beauty of body and of mind, but unfits both men and women from being the fathers or the mothers of a numerous and healthy offspring, and often occasions diseases, which frequently so injure the parts of generation in both sexes, which so shrink, shrivel, freeze, contract, debilitate these parts in the male sex, as to prevent them for ever after, through life, from performing their proper functions, with that sound genial balminess, with that satisfactory, glowing, and manly vigour! with the chastest continence, and the strictest regularity, till full maturity, and great moderation afterwards, would certainly have secured.

How blest's the youth! whose bosom, no head-strong
passion knows!

His days in joy he passes,—his nights in sweet repose!

The early and ardent votary of either Bacchus or Venus, especially of the latter, and if he be an inhabitant of a great city, must be very careful, and very fortunate, moreover, if he escape diseases, and such diseases as will disqualify him from being the father of a stout, numerous, and healthy offspring. It is, therefore, of the utmost importance to society, as well as to the health and happiness of individuals, that parents, guardians, and all who are entrusted

with the care and education of the youth of both sexes, especially at those fatal seminaries of pride, of vices, and of bad habits, boarding schools and universities, should keep a most strict eye over their conduct, over their public and their private conduct, by day and by night, too, if possible, in order to prevent them hurting themselves, by secret pollutions, or by open and more fashionable debaucheries, which entail feebleness and wretchedness on themselves, and on their posterity, if they have any. Besides, mankind suffer so much from their deadly loads of mercury, especially from calomel, sublimate, and other saline preparations of that terrible mineral, which are so plentifully, so indiscriminately, and so fatally used for the cure of venereal diseases, that there are instances in every parish, nay, indeed, perhaps in every family, of persons, who, after long, painful, expensive, and repeated courses of mercurial pills, drops, and unctions, have got to the appearance the better of the disease, but who never, never, during the whole course of their future lives, will get the better of the remedies which have been employed for their cure, and any one who duly considers the amazing expence and labour which nature bestows, and the very long time which she requires, in preparing and elaborating the semen, and the very vivial purposes to which she applies it; for, believe me, gentlemen, that the procreation of the species is but at most a secondary purpose for which nature prepares the seed; the chief use of this balmy, spirituous, vivifying essence, is, after it has been thoroughly concocted and exalted in the seminal and generative organs, to be pumped up again or exhaled into the general system, and intimately blended, and churned,

as it were, with the blood and all the juices, bedewing every fibre, bracing and sheathing every nerve, and animating, with light, strength, and serenity, the whole frame ! in order that all those secretions, circulations, and absorptions, upon which good bodily health and celestial tranquility of mind depend, may be more properly carried on. For without a full and genial tide of this rich, vivifying, luminous principle, continually circulating in every part of the system, it is absolutely impossible that either man or woman can enjoy full health, strength, spirits, or happiness. In these descriptions, gentlemen, I have been under the necessity, from the heartiest conviction, of ascribing every good quality to the human seed. But, unfortunately, none of the epithets I employed are sufficiently expressive ; none of them please me. I ought to have called it the breath of beauty !—condensed light !—the life of the body !—the soul of the soul !—the magnet of love !—the essence of ages !—the liquor of life !—and the true pabulum or food of all pleasure !—I say, therefore, that any one who considers all these matters properly, will not be surprised, that debility of body and of mind,—infecundity,—epilepsy,—loss of memory, sight, and hearing,—distortions of the eyes, mouth, and face,—feeble, harsh, and squeaking voice,—pale, sallow, and blueish black complexion,—wasting and tottering of the limbs,—idiotism,—horrors,—innumerable complaints,—extreme wretchedness,—and even death itself, should often, very often,—nay, inseparably,—be the consequence of the too early, or the too frequent discharge of that most precious liquor, the **SEMEN** ! even in the natural connection between the sexes,—but much, much more so,—in those horrid, solitary, joy-

less, early practices, the very idea of which my soul has been reprobating and vomiting out! Were I now speaking before an assembly of the young, profligate, or thoughtless of both sexes, instead of a manly, rational, and highly respectable audience, I would assure them in the name of posterity, in the name of HEALTH AND OF HAPPINESS, in the name of GOD himself, would I assure them, that every seminal emission out of nature's road,—I must speak plainly, gentlemen,—every act of self-pollution, and even every repetition of natural venery, with even the loveliest of the sex, to which appalled or exhausted nature is whipped and spurred by lust, habit, or fiery unnatural provocations, but especially every act of self-pollution, is an earthquake, a blast, a deadly, paralytic stroke, to all the faculties of both soul and body! striking off an irrecoverable chip from the staff of life! blasting beauty! chilling, contracting, and enfeebling body, mind, and memory! and cutting off many years from the natural term of life! Rather than begin, or continue this vile, soul, and body-destroying practice,—this rebellion against and murdering of nature,—I would advise young persons to any thing,—I would advise them rather to fly to Bagnio—to Brothel—into the merciless gripes of lust, poverty, and cunning,—into the fiery and foetid gulph of certain disease; nay, indeed, I would seriously advise them at once to put an end to their existence! for this horridly unnatural—this infernal—this all-blasting practice of self-pollution, and drunkenness, are the inlet to or the aggregate of all the vices and curses of soul and body, of time and eternity, bound up in one damning, one more than diabolical bundle!

Thrice happy ! supremely blessed ! in my opinion, are those young men and women who live till they are at least twenty years of age, without ever once having had even one seminal emission in their whole life, asleep or awake, voluntarily or involuntarily ! The young man who lives in the world soberly, regularly, usefully, and perfectly continently, without ever once having known what any seminal emission is till he arrives at his twenty-first, or even to his twenty-fifth year, and is married ! that young man is a hero indeed !—a Hercules !—an Angel !—a God I had almost said, in point of health, strength, beauty, and brilliancy, of body and of mind ; when compared to those poor, creeping, tremulous, pale, spindle-shanked wretched creatures, who crawl upon the earth, spirting, dribbling, and draining off, alone, or with their vile unfortunate street-trulls or other mates, in what is called the natural way, at twelve, fourteen, sixteen, or eighteen years of age ! Indeed, I can convey by words no idea of the horrors, debility, and wretchedness, which are brought on by early and excessive venery. As for my own part, gentlemen, if you will pardon this breach of politeness, I seriously declare, that had I my time to live over again, and were I possessed of the same knowledge I now have, I would be, I believe, thirty or forty years of age, before I knew any thing at all, from professional experience, about these matters. For, as a professional man, as a physician, who has studied the nature of, and has had more successful, and more useful experience in the safest, speediest, and most certain cure of all venereal diseases, and in the cure of gleet, weaknesses, impotency, sterility, and barrenness, and all the disorders of the urinary and

generative organs of both sexes, than perhaps any other man in the world, I beg leave to express my fear, that there are at this moment, in the island of Great Britain alone, some scores of thousands of persons, of the female as well of the male sex, (especially of the latter), who would freely part with all that they have in the world,—nay, with kingdoms themselves! were they possessed of them, if they could but effectually recall their early youth in order that they might abstain, totally and eternally from certain early imprudences, and even from beginning to perform the natural venereal act at too early a stage of life, before their body and mind had attained to their full growth, strength, firmness, beauty, and well-concocted maturity, in every respect.

But, gentlemen, while I thus warmly execrate this early venery, these secret practices, and other early imprudences, suffer me, at the same time, to condemn, as both extremely hurtful and ridiculous for men now-a-days, even for those who are grown to their greatest vigour and maturity, the affectation of Herculean feats and repetitions in the performances of the lawful and proper venereal act,—men boasting and bragging of their nine and ten times in one night!—when, what with their fathers' vices and follies and their own, very few men are more than competent to the regular and even moderate performance of what is called "*le politesse conjugale*," family duty, or the necessary conjugal benevolences! To the above bad practices I ought certainly to have added, the ugly, unnatural, and most hurtful practice of very tight-lacing among the ladies, and of laming themselves, and destroying true grace and ease in walking, with high-heeled shoes, so that they cannot

run pleasantly about daily for air and exercise. But nothing can be more injurious than excesses of all kinds to male or female health and beauty, more unfavourable to child-bearing, or, in the male sex, to that round—full-toned—long-winded—juvenile—permanent virility!—which speaks so cordially and so effectually home to every female heart, conciliating (so long, I mean, as that virility lasts), all its favours, and rivetting its most intense affections. I say, gentlemen, that full-toned, juvenile, liver-lifting virility, which speaks so cordially and effectually home to EVERY female heart; for, were we to be made acquainted with the real sentiments of the sex, even the chastest, coldest, most reserved, and least amorously complexioned woman in the world, we would find her to be precisely of the same taste with the bishop's lady, who very frankly declared that, for her part, she liked to have a GOOD THING in the house, or in the bed, by her, whether she made use of it or not.

It has been long a question among physicians, whether sterility, or barrenness, is more the fault of the male or the female. Though some speculative writers have given it against the male sex; yet, on due examination, this will be found to be a mistake; for many things may effect a female, so as to render her barren, which can have no influence on a male; while the female is liable moreover to most of the diseases incident to the male sex; and many other reasons might be adduced, which would incline us to believe that barrenness is almost always the fault of the female.

Having thus briefly, yet I trust strictly, enumerated those imprudences, vices, and bad habits, which prevent fruitfulness, and matrimonial felicity, I will now

earnestly point out and cordially recommend to you those things which I know, from reason and from the most extensive and happiest experience, to be productive of fertility, and which exalt and prolong the pleasures of the marriage bed.

In the first place, then, gentlemen, in order to TUNE, as it were, both body and mind for the most cordial and perfect enjoyment of prolific love!—or, in other words, in order to be fruitful, healthy, cheerful, and happy, I beg leave to recommend to both man and wife,—especially to the lady, in whatever relation or with whatever view she associates with a man, what is more universally acknowledged as necessary, than, I am afraid, properly and unremittingly practised, namely (to begin with the seemingly lesser matters), modest,—retiring,—unaffected, and eternal delicacy! the sweetest, freshest, and most perfect personal cleanliness!—from the top of the head to the end of the most distant toe,—at all times, too, and under every circumstance. Long and peaceful “inter-regnums,” gentlemen, at certain monthly and straw-bed periods, and, by all means two beds in the same room, or rather in two adjoining apartments. For, gentlemen, there is not, in my opinion, any thing in nature which is more immediately calculated totally to subvert health, strength, love, esteem, and indeed, every thing that is desirable in the married state, than that odious, most indelicate, and most hurtful custom of man and wife continually pigging together, in one and the same bed. Nothing is more unwise, nothing more indecent, nothing more unnatural, than for a man and woman to sleep, and snore, and steam, and do every thing else that’s indelicate together, three hundred and sixty-five times every year! I

flatter myself, gentlemen, that there is not a man in the world who is a greater advocate for matrimonial fidelity, and for domestic peace and decorum than myself ; but the more that I consider this matter, and the more that I attend to the consequences of it, and of the contrary and most wise and more prudent practice, the more clearly am I of opinion, that those wise, chaste, modest, delicate, and angelic couples, who do not sleep every night together, but who have two beds in the same large room, or, rather, who sleep generally in two neighbouring chambers, will be found not only to have a more intense love for each other, and a more cordial esteem, but they will have better complexions and better spirits ; they will be more springy and brilliant in their corporeal and mental faculties ; they will be infinitely more healthy, and live many years longer ; and, in a word, they will have a more numerous, a stronger, a more healthful, and a more beautiful family of children, than those foolish, indecent, nay, worse than beastly couples, who indulge every night of their lives in what I call matrimonial whoredom ; or the nasty—frowzy—family soak or stew ! If we look round in the great circle of nature, we shall not find any of the other animals so unwise and so indelicate as the human species ; for, after certain divine endearments and tender collisions are over, during certain monthly periods, and especially when pregnancy has happily taken place, pure simple nature, unshackled by custom, and unpricked by rank lust, shrinks from and abhors even the idea of a man and a woman associating amorously together, and thereby disturbing nature, and stimulating the gross animal appetites to unnecessary and unnatural gratifications. What !

foolish man ! will you be daily sowing more and more grain, when your field of wheat is already sown, when the corn is spring finely up, and even when the grain is full in the ear ?

In cases where pregnancy does not readily take place, or where the lady does not go happily to her full time, I would recommend a sea voyage, or a virtuous, continent, serene absence of several weeks, or of several months, now and then ; for I have known many instances of ladies who never had conceived, or who never had gone to their full time, to whom every thing that their husbands and they themselves had desired, has happened in consequence of a sea voyage, or of a calm, country, continent, absence of even a few months. Besides, it is very well known that the seafaring gentlemen, though not the most remarkable class of men for what are called the graces, are nevertheless remarkable for being tender, affectionate, generous husbands, and for being the fathers of stout, healthy, long-lived children.

In order to secure, to exalt, and to render permanent, every thing that is charming, and truly desirable in the married state, I beg leave earnestly to recommend the kindest, most unremitting, and most endearing attention to the conveniency, ease, honour, and happiness of each other ! continually in honour and in worth preferring one another ! forgiving and compassionating each little foible, and softening into amiableness each little fault ! ever remembering, that overlooking slight foibles frequently preserves, from greater imperfections.

Domestic music, gentlemen, little family concerts, and especially singing together, or in turn, trifling as these may appear to some, I strongly recommend ;

and still more strongly regular worship, and sentimental, philosophical, and religious conversations and intercourses. For, gentlemen, after the souls of an amiable couple have been softened, harmonized, illumined, and filled with approving peace, by duties and amusements, so rational and delightful, when they return to an early bed, sober, serene, and healthful ! their bodies and their souls rush sweetly together ! with the fullest, purest, intensest, and most celestial transports ! and, feeling themselves no longer inhabitants of this lovely world, they wing their soft, long, waving way, through flowery fields of elysium ! their souls afloat, undulating, melting, and finally launching forth upon oceans of extatic bliss !

Let each, therefore, earnestly and constantly strive to attain to and to cultivate such manners, dispositions, and qualifications, as the other admires and likes best ; let sentiment, confidence, and mutual esteem, exalt, warm, and, as it were, consecrate their corporeal love and connections ; or, in other words, let the emanations of a beauteous, intelligent, and benevolent mind, beam forth,—harmonizing, gilding, and illumining, every feature of the countenance, every motion of the mind, every gesture of the body, and, in one word, every personal and mental charm, whether natural or acquired.

In the next place, gentlemen, I must recommend an active, useful life, and a good deal of exercise daily in the free open air ; temperance, too, and moderation in every thing, especially in conjugal embraces. Than a due observance of these things, nothing can tend more to promote fecundity, and indeed every thing that is desirable in life. The labouring poor, who, in some sense, are forced to be

temperate and active, are seldom without a numerous and a healthy issue ; whilst the rich, those persons I mean whose time is spent in frivolous pursuits, in the gratification of every appetite, and in racketing about, turning day into night and night into day, have generally a scanty, puny offspring, and often none at all. Excesses and irregularities of every kind are enemies to even the pleasures of matrimony, and still more to the procreation of children. Some foolishly imagine that they will heighten the joys of Venus, by indulging daily and plentifully in those of Bacchus ; but they are most egregiously mistaken ; for, though the maxim, "*Sine Baccho et Cerene, frigit Venus !*" be in general true, yet too much corn and wine will oppress, madden, and kick up the heels of her goddessship and of her votaries together ; and nothing is more certain, than that the daily and devout worshippers of the monstrous and infernal brute Bacchus, would seldom be found to do full, delicate, and effectual duty in the Temple of Hymen, or in any other place devoted to the prolific Cyprian deity !

But, gentlemen, though I declaim against, and even execrate, all strong, intoxicating, fiery liquors, especially unmixed spirituous liquors, and that poisonous composition of sloes, tartar, logwood, watery cyder, and brandy, which is called neat Port wine, and which is certainly one of the greatest bracers or holders together of the incorporated cattle of Great Britain !—the great curdler and feast vomit of those too numerous all-devouring herds ! and which is moreover, one of the principal causes of gout, gravel, rheumatism, asthmas, and apoplexies !—although, I say, that I forbid excess even in drinking the mildest, most genuine, and most generous wines, I do not

mean to condemn, upon rare and important occasions, and at advanced periods of life, the moderate use of good wine of any kind, or home-brewed malt liquor, of middling age and middling strength, (especially if it has been buried in contact with the earth, or sent upon a sea voyage), to the natives of these islands. Wine, and all strong liquors, when taken to excess, or if drunk daily even in moderation, inflame and disease the body, and produce a false and exhausting venereal appetite; but, when very moderately and not habitually drunk, they nourish and strengthen both body and mind,—heightening venereal pleasures, and perhaps rendering them more prolific!

But were I addressing the professed votaries of Venus, I would tell them that the most effectual means of prolonging, and, indeed, of exalting the joys of Venus, and of securing the favour of prolific Hymen, are a plentiful, nourishing, regular diet of animal food, quickly, openly, and moderately dressed; of fresh green raw salads, succulent vegetables, ripe saccharine fruits, and of the mild farinaceous grains; drinking daily pure cold soft water, or rich balmy milk, breathing continually, day and night, the free open cool air, very early hours, and bathing every night and morning, if not the whole body and limbs, at least the genitalia and fundament, with very cold water. Indeed, gentlemen, this last article is, though simple, a matter of such vast importance to the health, strength, beauty, personal loveliness, and desirableness of men, women, and children, that were I to have the honour of speaking before you for seven years on these subjects, I could not possibly mention or inculcate any one precept of the thousandth part

of the importance to your health, vigour, and happiness, than the constant and unremitting observance of this simple affair, this fundamental duty, of washing the private parts thoroughly every night and morning, summer and winter, with very cold water ; and, moreover, the instant, each time, after having performed the venereal act ; and all this I recommend more earnestly to be observed by women than by men. A bath, a biddy, or a common wash-hand bason, ought to be considered as the first, most necessary, and most useful piece of furniture in every house. The face, hands, limbs, arm-pits, and all the parts from the navel downwards, and backwards to the end of the rump or back-bone, should be well washed and bathed for a long while with icy cold raw water, with a sponge, a coarse soft linen cloth, or with the hand alone. A cold, glowing, full liquid, balmy firmness of the nose and of the genital parts in both men and women, and indeed of all other animals and things, animate and inanimate, (if I may be so unphilosophical as to say that any thing whatever in nature is inanimate, however torpid, inert, or inactive it may appear to us to be), is the state of perfect health and strength ! The genitals are the true pulse and infallible barometer of health. Cold balmy corrugated firmness in those parts is the high standard point of health and vigour of body and of mind. In all cases of sickness, langour, and debility, those parts are hot, dry, or clammy, and pendulous ; and I will boldly and roundly assert, that no man, or woman, or child, can possibly be in any state, situation, or circumstance, at any time of life, if they are at liberty and can command cold water, in which it ought not to be applied every night and morning to

the face, genital parts, and fundament. At certain monthly visitations, and even the very day that a woman is delivered in child-bed, or that either man or woman is cut for the stone, or for the cure of a fistula, cold water may be applied, and the cold open air freely admitted. It is well known that the servant maids and common women in Scotland, who go continually, summer and winter, wet and dry, in frost and in snow, with their feet and legs naked and bare, are the strongest, the rosiest, and the healthiest women in the world. Their legs are as strong as pillars of iron, and as thick as the waist of the southern fine lady, and as red as their cheeks, I mean as the rouge on their cheeks; and it is a certain fact, that the Indian women deliver themselves, and that they immediately wash both themselves and their infant in the flowing river; and all this not only with constant impunity, but with the happiest effects. No woman ever dies in child-bed, and not a deformed child was ever seen, in those countries. I am persuaded, that, if the female sex in Europe were accustomed from the earliest infancy to open air and windows, and to daily bathing and washing their private parts with cold water, they would not only be free from all weaknesses of those parts, but more regular and proper in their monthly evacuations; and that, if the parts, after delivery, were to be gently bathed with clothes wetted with cold water, properly applied to them, instead of being productive of the stoppage of certain evacuations, or any bad consequences, they would be more duly promoted, their strength for suckling would be preserved, their recovery would be more rapid; floodings, faintings, child-bed and miliary fevers, future miscarriages, weakened con-

stitutions, and even death itself, would generally or always be prevented; and, at least, instead of being lost and burthensome to their families for a whole month, they would be detained but one week from following their usual avocations. After the operation for extracting the stone, or for curing a fistula, instead of irritating ointments and hot plasters, if dry lint and cloths, wrung out of cold water, were judiciously applied, pain, inflammations, fevers, and fistulous, corroding, sinous, and callous ulcers would be prevented, the wounds would heal kindly and speedily, and the health and spirits of the patients be preserved. So, that I insist upon it, that no human beings from their birth to the grave, in the course of the longest life, can possibly be in any circumstance whatever, in which pure, cold, soft, raw water may not safely and usefully be applied to their face, hands, and private parts. If a person is at any time lazy or timorous, rather than not wash at all, let him wash and bathe with warm water; and if clean water cannot be procured, let them wash with the dirtiest ditch or kennel water that tumbles down Edinburgh streets, or that stagnates before a Dutchman's door.

Gentlemen, were an angel arrayed in celestial glory to descend from heaven visibly on earth, and to declare to me, commissioned by the MOST HIGH-EST ! that I was to die this night, and that the welfare of my family, and the eternal happiness of my soul, depended upon leaving to the world the most useful precept that could be given for the preservation of the health and strength of mankind; or even were I permitted to remain on the earth to deliberate on the matter for a whole year, I would then proclaim to my fellow creatures, with a loud and affectionate

voice, that next to abstaining totally from animal food and strong liquors, from frequent venery, from warm meat and drink of any kind, and from close rooms and feather beds, BATHING THEIR PRIVATE PARTS WITH COLD WATER THOROUGHLY! AND FOR A LONG WHILE, EVERY NIGHT AND MORNING, FROM THE FIRST MONTH OF THEIR LIFE TO THE LAST HOUR OF THEIR EXISTENCE, was in my opinion of the highest importance to the preservation of their health and strength, beauty and brilliancy, bodily, and intellectual, of any thing that can be recommended or observed.

Fail not, therefore, gentlemen, as you value their future health, strength, and happiness, and, indeed, their heartiest prayers and blessings through life, to accustom all your children, male and female, from the moment they are born, to open air and continually open windows, to washing, if not their whole bodies and limbs, at least their private parts and fundament, with cold water every night and morning, at home or abroad, on sea or on land; and especially where they are grown up to maturity, the moment after each time of performing the venereal act. Ehus, shall your children, and their children, and especially their children's children, be strong, rosy, ever-blooming and long-lived. There will be no such diseases known as convulsions, rickets, heats, deformity, gleets, weaknesses, ruptures, piles, or fistula; and when grown up to men and women's estate, if they are so foolish and so unfortunate as to depart from innocency, continency, peace. and happiness, and are connected in the amorous way with the soul-diseased painted sepulchres, or walking hospitals of

great towns and cities,—thus accustomed to constant, and extreme cleanliness, they will always escape every degree of venereal infection. For, believe me, gentlemen, that constant, extreme, and perfect personal cleanliness, and changing at least daily, all the linen and clothes that touch, or that are near those parts, is the WHOLE OF THE PRESERVATION, and at least one half of the CURE, of all venereal diseases. Let those great truths, therefore, be written in golden letters in every room, and imprinted in indelible characters on the mind of every man and of every woman in the world!

Ever willing to sacrifice my own pecuniary interests, and even the interests of any body of men, to the real and important good of the public at large, I feel it to be my duty to point out to you, gentlemen, and to the world, an infallible method of securing yourselves against every possibility of catching the venereal disease by the personal contact of the genital parts. Know, then, gentlemen, in the first place, that if the parts are rawish, or in the least inflamed for want of washing with cold water, or if there be but the least mucus, filth, or slime adhering to or upon the genital parts at the time of carnal copulation, it will act as a magnet and a nest, to attract and to lodge the venereal virus or animalculæ, from whence they will fasten, like a curse more tenacious than an Ægyptian plague, and will strike their deadly roots and branches through your miserable soul and body. Fail not, therefore, to wash the parts well, immediately before the soul debilitating sacrifice, with cold water, and then to anoint them slightly with the quantity of two or three peas of mercurial ointment, or of pomatum mixed with very fine levigated

calomel, calcined mercury, red or white precipitate, or with a weak solution in cold water of any well prepared mercurial preparation whatever. Immediately after the embrace, let the parts be thoroughly and repeatedly washed with WARM water, to which may be added some vinegar, or a little spirits of any kind. Some of these mild fluids, honey and water, or even new milk, may then be injected into the urethra with a syringe again and again; and lastly, anoint the parts with a little more of the mercurial ointment, or wet them thoroughly with the weak mercurial solution. By a due attention to these thorough and reiterated ablutions, injections, and injunctions, it is absolutely impossible for any man or woman, however susceptible they may be, to receive any species or degree of venereal infection.

The man and woman who through life attend daily and unremittingly to this partial cold bathing, and especially those who never fail to spring up the moment after each amorous embrace, to lave and immerse the whole male apparatus, and the female apartment of pleasure, in very cold water, that man and that woman will not only be for ever the reigning favourites of each other; but, if at any time they should be culpable, or so unfortunate as to be connected with any other man or woman, they will sicken at, abhor, and detest the person who neglects these most useful and most charming of all personal duties, and will spring back to their former love! They will, moreover, be able, if they are so disposed, to renew the tender combat, two or three times for once, with less expense of strength and spirits, and with ten times more intense pleasure, than they could possibly enjoy were they to neglect these sweet re-

freshing ablutions ; for nothing in nature can give such smooth sweet desirableness, or such cordial and retentive firmness to the female fountain of bliss, than frequently and daily washing, (especially after the act), with pure cold simple water, with sea, Seltzer, or German spa water, or with genuine sparkling wine ! and as for the male organs of generation,—the rich purse of Venus,—the manly standard of love, and the whole host of priapus, are all, after the sweet engagement, rallied, cooled, replenished, refreshed, braced, crimpt, and cabbaged up afresh, by the instant application of the cold generous element, and are ready cap-a-piè to obey the summons of Hymen ! or the mandates of the Cyprian queen !

Suffer me, gentlemen, to go yet a little farther, before I quit this most important part of the lecture, and to assure you, that, whenever I see or hear of a man who neglects these immersions, or spongings, on having performed the venereal act, it never fails to put me in mind of an idiot or a very foolish person being sent to a hogshead, cask, or barrel of any kind, to draw off water, wine, or liquor of any kind, and who goes away leaving the cock only half turned, so that the liquor keeps dribbling or running off. In a very similar manner does the male semen emanate, dribble, or drain off, for some minutes, or perhaps for some hours, after the voluptuous emission, sensibly or insensibly, in a greater or lesser measure, according to the degree of debility, or of retentive firmness, of the seminal vessels, &c. ; but the instant application of the icy cold, vivifying water, or sparkling wine, effectually locks the cock, and secures all for the next rencontre ! Indeed, certain parts, which, next morning, after a laborious night, would be re-

laxed, lank, and pendulous, like the two eyes of a dead sheep dangling in a wet empty calf's bladder, by the frequent and judicious use of the icy cold water, would be like a couple of steel balls, of a pound a-piece, inclosed in a firm purse of uncut Manchester velvet! I don't say Genoa velvet; for the taste of our ladies now is to prefer rough British goods to the softest velvet of the Italian states!

What is it, gentlemen, that makes the East and West India women, and the Italian and French ladies so charming, so captivating, so bewitching, as they in general are, and which gives them so high an ascendancy, as they in general have, over the hearts and fortunes of men of taste and delicacy? And what is it, moreover, that gives them so much superiority over the British ladies, when it must be acknowledged, that they are not blessed by nature with perhaps a tenth portion of the lily and of the rose,—of the sweet, smooth, blooming, velvety plumpness, and angelic loveliness! with which our fair countrywomen are blessed? It must certainly be owing to this, namely, that in those countries, the ladies, and even the common women, are accustomed to almost continual washings, spongings, and syringings; and what is the cause, gentlemen, of many a worthy well meaning man in London, and, indeed, in most places of the world, going astray from the beloved wife of his youth and of his bosom!—from the dear mother of his children!—from the affectionate and most disinterested partner of his life and fortunes? It is certainly this, that the good wife at home thinks she is secure of her husband, she grows regardless of her dress, and of other little matters of delicacy and attention, when alone with him; she neglects to be

perfectly, and at all times, sweet, clean, cool, and firm in her person, especially in certain parts in which most men centre their tenderest regards; and the good man is thus forced to find those essentials to his pleasure and happiness abroad, which he cannot find at home. Hence domestic jarrings and wretchedness, hence broken fortunes and ruined constitutions. For it is well known that the chief, nay, perhaps the only charms and attractions of the highest and most celebrated women of the town, and of the kept mistresses, (who assume the names, and who dupe, jilt, laugh at, and despise at the same time that they drain the persons and the purses of all the silly idiots, of all the Jerry Sneaks who keep them, and even of the HE whores who are kept by them), are fine, clean, shewy dresses, sweet smells, affected attentions, pretended affection, and PERFECT and CONTINUAL personal sweetness and cleanliness; for, all those who understand perfectly their trade, are at all times, from the top of their head to the end of the most distant toe, sweet and pure, and firm, like the purest virgin wax candle, or like the most brilliant paste that glitters in the cap of folly. But to pursue the simile, they, too, like the sweetly beautiful wax candle, have an inflammable principle within, a combustible wick which pervades the whole woman, which when lighted by the fire of lust, or by the demon of avarice, dissolves and consumes both their own vitals and the vitals of all who approach them. And, although the sparkling of the polished paste, like the artful blandishments of vice, may dazzle and deceive the unskilful eye, yet it has not, like virtue and innocence, the eternal durability, the supreme value, and the ever-living celestial splendour, of a real diamond

of perfect polish and of the first water! It was a melancholy, because I am afraid too true an observation, which was made by a once popular alderman, that, for his part, he said, he could generally tell by his nose, which was the most virtuous woman in a company. Good God! If the fair sex knew the magical and irresistible charms of a sweet attentive temper, of a well stored and cultivated mind, and of perfect and perpetual cleanliness in person and in dress, in regard to captivating and securing the hearts and affections of men, especially of those men who are the most valuable,—they would do little else, in my opinion, than read and study, and be continually washing, sponging, syringing, and shifting!—and, moreover, were they fully acquainted and thoroughly penetrated with a due and lively sense of the celestial serenity and supreme blessedness of strict virtue and perfect innocence of body and mind, they would not give way to an emperor, nor deviate one single step from their all-blessing paths; for the ways of genuine and enlightened virtue, innocence, and religion, are *INDEED* ways of pleasantness, and all their paths, everlasting peace!

I had just asserted, gentlemen, that the most effectual way of heightening and prolonging the joys of Venus, and of securing the favour of prolific Hymen, is by a plentiful, nourishing, simple diet; such foods as are easily assimilated, as don't heat the body, and at the same time yield abundance of bland nutritive juices, are undoubtedly the best; such as the sound flesh of clean healthy animals, killed, and ate in their properest seasons, (for those who will devour such food), milk, the farinaceous grains and seeds of every kind, such as wheat flour, oatmeal, barley, rye, rice,

sago, &c., good mealy potatoes, mild succulent vegetables, rich ripe fruits ; fish, too, especially shell fish and raw oysters ; eggs, animal jellies, and such like. For, if the assimilation of these things be assisted by sufficient exercise, it is impossible, in a sound constitution, but that a genial, sound, and very copious tide of prolific semen must be generated.

I cannot close this part of the lecture, gentlemen, without giving you a few additional directions, which, if properly attended to, will be of the greatest service on great or extraordinary occasions, on wedding a most dearly beloved lady!—on a tender rendezvous with a blooming virgin!—on a still more arduous undertaking,—I mean, on a rencounter with an experienced buxom widow ;—or on any occasion when a man would wish to acquit himself with honour,—to rivet a conquest,—to plant effectually and rootedly a hearty child!—or to shew that he has profited by this well meant and very liberal lecture.

In the first place, then, let your conduct be such as that you may avoid the necessity of using either inwardly or outwardly, mercury in any shape. Nothing gives so deadly a stroke to the nervous system, or so injures and debilitates the generative faculties, as any of the preparations hitherto used, EXCEPT IN MY OWN PRACTICE of that tremendously powerful mineral. Abstain from spirituous liquors of every kind ; they all, even the mildest and most diluted of them, heat, force, and weaken the urinary and generative organs. Avoid, too, late hours, and all excesses and irregularities. Go to bed every night at nine or ten o'clock, and spring up every morning, summer and winter, at three, four, or five o'clock. I don't mention six o'clock, for that is too late an hour for any man or

woman to be in bed at, who values health, strength, beauty, and long life ! Bathe and wash your body, limbs, and private parts, for a long while each time with cold water, before you get into bed, and as soon as you rise in the morning. Immediately after this thorough washing, every night and morning, harmonize your mind, and embalm, as it were, your body, with rational, humble, and intense devotion towards your Great Creator and Preserver, and in sincere, melting benevolence towards the whole world ! Sleep on a hair mattress, or rather on a bed of wheat or oat straw, with the grain in the ears of the corn, and with all the windows of your room wide open. This is my own invariable custom, summer and winter, even in the wettest, coldest, and stormiest weather ; and I never, never have a cold, low spirits, or any indisposition whatever. The free open cold air is a constant full cold bath for the outside of the body, for the lungs, for the mass of blood which passes through them, and consequently for the whole system, of the friendliest and most efficacious kind. But, above all things, gentlemen, before, or at the time of, those extraordinary exertions, drink plentifully of the following cold egg-liquor, prepared in the following manner, viz :—Take the yolks of a dozen of fresh or new-laid hen's eggs, and the whites of six of them ; let them be long and perfectly well beat, till they become very thin, then add a small tea-cupful of honey, or of brown raw sugar ; and add gradually two quarts or bottles of cold genuine milk, or of pure cold soft water ; let them then be beaten or shaken violently for a long while, in a large case or other bottle. If water be used, half a dozen glasses of rich, generous, sweet white wine may be added,

such as Raisin, sweet Mountain, Tent, Sack, Canary, Malmsy, Madeira, or such like. Drink plentifully of this cold egg-liquor, (the whole of, or perhaps double, the above quantity in twenty-four hours), and eat abundantly, perhaps a whole pound, of Ratifia drops (preparations of almonds, &c., to be had at every confectioners); by a due attention, gentlemen, to all the above precepts, amazingly good effects will always be produced; balmy oceans, figuratively speaking, will flow; inundations of benevolences! will assuredly be poured forth!—where there is a good constitution, assisted with moderate exercise, open air, and regularity and moderation in every other respect.

As it is well known that few critical or highly important marriages take place or are solemnized in the great world without my knowledge, it may be expected that I should here mention the medicines, applications, and methods, which I recommend when I am consulted on those important occasions, and which have gained me so much fame, honour, and confidence amongst the more intelligent part of the great world. I shall here only say, that different constitutions, periods of life, and circumstances, require different methods, and that if ever essential services are hoped for, I must, as usual, be consulted in each particular case; and the same hints I may extend to the public, in regard to BARRENNESS, impotency, debility, and worn out constitutions; in all of which cases it is now well known and pretty universally acknowledged, that my studies and opportunities have been rational, philosophical, superior, unique!—and that the result of my practice, independently of my celestial or electrical beds, has been

INFINITELY more happy and successful than that of any other man who now lives, or that ever did live, in the world.

I have already, gentlemen, had the pleasure of shewing yon how temperance, personal cleanliness, kind attentions, and even how philosophy, morality, and religion, assist in exalting and rendering permanent the serene and rational pleasures of the marriage bed. I will now, I hope, have the honour of convincing you that the medical art doth not refuse to lend a helping hand to heighten the joys of Venus, and to render those joys efficacious in producing a numerous, a healthy, and a beautiful offspring.

A great variety of charms and of medicines have in all ages and in most countries been recommended to restore virtue and virility, and for the cure of barrenness ; most of which, to say the worst of them, are useless ; and not a few of them are highly dangerous. Among the very dangerous medicines must be particularly included cantharides, (Spanish flies), all excessive stimulants, and every thing of an inflammatory nature, which, instead of warming, supplying forces, and invigorating the constitution, do not fail to set it on fire ; by which means they suffocate, burn out, or extinguish that genial, prolific, cool flame, (if I may be allowed the expression), which they were meant to nourish, raise, and keep alive.

All the aids from medicine may, I think, be included under the three following heads, namely : such as tend to regulate, to invigorate, or to excite. If the venereal powers and appetites are too strong—too eager and intense, they may, and indeed they sometimes do, destroy their own effects. In this case the body ought to be reduced by a cool spare diet,

by bleeding, and by other evacuations. For there are instances of men going off the stage of existence on a wedding night, as it were like a cracker, and of others who have been absolutely incapable of procreation from mere excess of constitution. This last, however, now-a-days, but seldom occurs; when it does, the cures or the remedies are obvious.

To prove that many men and women have been incapable of procreation from fulness of habit, many true and striking instances might easily be adduced. I have read a well authenticated story of a certain German prince, who never could emit semen unless when asleep. His physicians, alarmed, suspected that it might be owing to fulness of habit,—to mere excess of constitution. They ordered him, therefore, very judiciously, to be freely blooded; to be put for many months under a low, cooling, spare diet; to use much exercise; and to be almost continually in the open air; after which, he is said to have performed the conjugal rites extremely well, and to have become the happy father of a numerous family.

But, on the other hand, gentlemen, in cases of languor and debility, the principal thing I would recommend for invigorating the body, (next to very early hours, and regularity and moderation in every thing), is the **FULL COLD BATH**! The daily use of this, for a sufficient length of time, I have known to bring heirs to many a family, who had despaired of ever having any issue. The best water for bathing in, is, no doubt, the sea-water! next to that the cold chalybeate waters, such as the German Spa, the Tunbridge, &c., after them, the coldest spring, and the clearest rivers. Having mentioned the German Spa water, it puts me in mind of a very happy instance of

the partial application of that excellent water. It was in the cure of barrenness, in the case of a beautiful and truly virtuous lady of rank and immense fortune, who several years ago did me the honour of consulting me. The lady was married to a worthy and very likely gentleman, but had unfortunately been married when too young, even at the age of sixteen. No British lady, in my opinion, should marry till she is at least twenty years of age. The lady I allude to, when she first consulted me, had been married seven or eight years, but had never once proved pregnant. Her ladyship was very desirous to have children. A great estate ; many virtues, I believe, on both sides ; and noble titles, demanded heirs. She was a lady blessed with a fine understanding, with much resolution, and, at the same time, of exemplary and unspotted virtue and delicacy. She was electrified for an hour or two daily, under ethereal and magnetic influences. Every other day she went into a large bath of cold water, strongly impregnated with great quantities of simple aromatic herbs. Her ladyship and my lord ! drank every morning, each of them, a wine-glass full of the expressed juice of green sage and fresh liquorice root, washing it down with a glass or two of sack or tent wine, or with a large half-pint tumbler or two of the sparkling German Spa water ; his lordship bathing certain parts with it, or with wine, and his lady having the good sense and the resolution, every night and morning, I believe for several months, to pour a whole large flask of the same water, or of Champagne wine, cooled in ice, into and upon the fountain of life ! the seat of transcendant bliss ! By these means, under the benediction of Heaven ! and as-

sisted, no doubt, by an electrical touch or two from her husband, the lady became effectually pregnant ; she has now two fine children alive ; she has recommended me to several of her most sensible and most esteemed friends, whom she knew to be above the foolish prejudices which ignorance, envy, affectation or malevolence have sent forth against me ; and I have heard that she has declared to several of her most intimate female friends, that it was chiefly to the showers of ether and electricity, pervading the spine, &c., and to the topical application of the bracing icy cold spa water, that she now attributes her being a healthy woman and a happy mother ! Here, gentlemen, to amuse you, I cannot help relating a pleasant incident which occurred in the way of my profession, about a twelvemonth ago. A lively jocose lady, and I believe, at the same time, of sterling virtue, did me the honour of consulting me in a similar case of relaxation and barrenness. Being nearly in the same predicament with the noble lady above alluded to, I recommended it to her, among other things, to pour a full flask of the icy cold vivifying element into and upon the bower of bliss ! every night and morning, at early hours. The lady was alarmed at the oddity of my advice ; she startled at the seeming danger of complying with the eccentric or rather concentric prescription ! and, I believe more innocently than archly, exclaimed, “ dear doctor ! will that not give it cold !—will it not make it sneeze ?—surely it can never be safe ? ” The lady, however, complied regularly and perseveringly with the prescription, and necessarily experienced the most excellent effects.

I have often thought that the old fable of Venus

rising from the sea might have its origin in this, that sea-bathing has an amazing effect in heightening venereal pleasures, in promoting conception, and in improving the beauty of the offspring. It likewise improves the beauty of the lady mothers themselves, flinging roses, as it were, on their countenances,—firmly bracing up and smoothing both body and limbs,—and decking, with desirableness, the whole frame! Fail not, therefore, gentlemen, I beseech you, earnestly and continually to represent to your sisters, to your wives, and to your daughters, and indeed to every female, and to every male in the world, with whom you are acquainted, that the full cold bath, or even the partial application of cold or of tepid water to the surface of the body and limbs, especially to the face, hands, feet, arm-pits, and private parts, every night and morning; constantly drinking pure cold water or balmy milk; very early hours; continency; open air day and night; sleeping alone on a hair mattress, or rather on a sweet hard straw bed; full exercise in the free open air; and moderation and regularity in every thing. These! these! are the grand cosmetics; the universal beautifiers; the infallible preservers of health, and the prolongers of human life to the very longest possible period of human existence; I mean to the age of a hundred and fifty, stout, healthy, and happy years! Be assured, my dear gentlemen, that a due and unremitted attention through life to the above particulars, preserves the full blooming sweetness and the freshness of the rose!—the smoothness and purity of the lily!—the deliciousness of the nectarine!—and the blooming plumpness, the rich juiciness, and the fine glowing juvenile down of the PEACH of beauty!—

of the peach finely rounded by Venus's or Pomona's hand!—longer and more completely than any thing else in the world that can be recommended or applied. I do myself expect, that, by a constant attention to all the above particulars, and by the daily use of a certain balmy rejuvenating medicine, which I had the supreme blessedness of discovering many years ago, and which I have now brought to a high degree of perfection, to live, in perfect health, till I shall be at least a hundred a fifty years old, and to be, when a hundred years of age, as robust, as healthy, fresh, active, and younglike as men in general are, in these degenerate and luxurious times, at fifty. Indeed, the man who through life attends to these rules, and especially who begins, before nature is quite exhausted, to take daily of my animating and renovating essence, &c., above hinted at, becomes a species of angel! and the woman who does so, a Ninon de l'Enclos!—a Hebe!—an angel!—or a being of a still higher and far superior order!—and, if you will permit me for another moment to speak figuratively, she becomes, like the king's daughter of old! altogether pure and glorious *WITHIN!* and outwardly studded, as it were, with the roses of Sharon! streaked with celestial blue!—and sweet blooming, and fragrant, as the morning of the most genial *MAY!!!*

You all recollect, gentlemen, that that wise and elegant people, the ancient Romans, had all of them baths in their own houses, into which they generally went every day; and the ladies usually accompanied their husbands thither as a luxury; and a great luxury! no doubt it is. The police of this and of every country should by all means encourage public and private baths; and our parliament should im-

mediately take off that most horrid, most unnatural, most hurtful, and most impolitic of all taxes, the window tax ; for, in fact, it is a tax upon light and air, upon health, beauty, industry, and joy ! And here, by the way, I may just hint, that the late hard labours of many worthy women, and the increasing number of men-midwives and of their iron instruments, and the aversion which prodigal heirs find in old men and women to die, shew the abhorrence that is universally shewn of the new tax on births and burials. This last tax was perhaps permitted by Providence, as a type, or monument of the folly and infatuation of British legislation, or as the pouring forth of the seventh and last phial of wrath, by the man on the white horse ; and may the abrogation of it be one of the heralds which at present certainly announce to mankind that the ensuing ten years, especially the first of them, are to produce revolutions, emancipations, and improvements, in civil and in ecclesiastical governments, which few human beings have as yet conceived, and which shall at once astonish and bless the human species at large, in every part of the old and of the new world ! I can have no pretensions to the spirit of prophecy ! but I beseech you to mark well my words !

Need I make any apology, gentlemen, for these singular and important digressions ? No. I will now, however, return to finish that part of my lecture upon which I have so long dwelt, by reminding you that the good effects of clear cool air, and of cold bathing, are very happily expressed by Dr. Armstrong, in his celebrated poem on the preservation of health :—

"To fortify their bodies, some frequent
 The gelid cistern; and, where nought forbids,
 I praise their dauntless hearts. A frame so steel'd
 Dreads not the cough, nor those ungenial blasts
 That breathe the tertian, or fell rheumatism;
 The nerves, so temper'd, never quit their tone;
 No chronic languors haunt such hardy breasts!"

And, in another place, he goes on to say, that,

"By arts like these, Laconia nurs'd of old
 Her hardy sons, and Rome's unconquered legions
 Urg'd their way, unhurt, through every toil,
 In ev'ry clime!"

Indeed, gentlemen, there is not any disease in which the good effects of cold bathing are more obvious, or more certain, than in the cure of barrenness, arising from imbecility, or from great relaxation of the genitalia, in either sex; and the external application of cold water may be very much assisted by the internal use of tonic medicines, such as the Peruvian bark, and the various preparations of iron, but, above all, by a regular and persevering course of my excellent bracing balsam. This last not only gives special vigour to the solids, but assists, likewise, in the formation of that rich, good spiritous blood, from which generous prolific semen is derived. It removes fluor albus and gleet, promotes the necessary evacuations from the womb, and effectually prepares it for conception. And it is my duty here to assure you, that the safest and most efficacious preparations of iron are those made by nature herself, such as the German Spa, the Tunbridge, and other chalybeate waters. These, drunk at the fountain head, with bathing, music, open air, airy hard beds, moderate exercise, cold food and drink, and, above all, my

bracing balsam, and a proper attention to regimen and conduct in general, will never fail to cure effectually all complaints arising from seminal weaknesses, or from nervous relaxation of the whole system.

But, gentlemen, to persons of an advanced age, or of cold languid constitutions, in whose veins the Venus creeps or loiters, juicy animal food, rich wines, generous cordials, and warm balsams, (especially my divine or prolific balsam mentioned in my private printed advices to ladies and gentlemen who have not been blessed with children), will, no doubt, be very serviceable. Such persons ought, likewise, at certain critical and important times, to have their minds stimulated and their passions roused and excited, by the sight of rich, warm, or what is called lascivious prints, paintings, and statues,—by amorous stories or dalliances, and by every possible and natural means; for, it is not to be imagined how very much the venereal appetite may be whetted by artificial means, or by accidental causes. A very striking proof of this I beg leave to give you, by reciting a story of a certain hairdresser of Edinburgh,—the truth of which is as well known to all the inhabitants of Edinburgh as to myself personally, because the man was a near neighbour to my father, while I was a youth at that college, and indeed the truth of the story is well known to many hundreds of the inhabitants of this great tottering overgrown monster, (London),—this black sink of sin and corruption,—the blind and infatuated metropolis of the world!

Mr. D., (a man of taste, though of no extraordinary warmth of constitution or liveliness of imagination, and whose wife, it is said, had never been before pregnant), was sent for one day to dress the hair of

the most perfect beauty, elegance, and loveliness of person, mind, and manners. Her beauty was equalled only by her spotless virtue, and by the singular sweetness of her manners; in a word, she was the unconscious, and, therefore, the all-captivating toast of Scotland!—a country whose high-born and well bred ladies are so remarkable for supreme personal beauty and elegance, as for pure morals, and for highly cultivated minds!—as the lower classes of the women are for being in general the rudest,—the ugliest,—and the nastiest, in their persons and houses, of all God's creatures! It was the first time that Mr. D. had ever seen the lady, and he found her surrounded with such a milky constellation of beauties! with so sweet a profusion or blaze of charms and graces, flowing from her eyes, and emanating from every pore, that he had not combed her hair ten minutes, till he was so sweetly and so irresistibly charmed, stimulated, and stung, as it were, with her supreme beauty, elegance, and loveliness, that he found he could contain himself no longer. He maddened in every vein. His blood boiled. His soul languished and melted with love and desire! insomuch that he was compelled to make an apology to the lady that he might get home; he pretended that he had forgot his curling irons; he ran home in a desperate hurry, sprung aboard of his astonished wife, and actually got her with THREE fine lively children by one critical stroke!

The above, and many other similar cases that might be adduced, shew us the propriety, in difficult cases, or where conception has not taken place in the ordinary course of things, of celebrating the rites of Venus in a variety of ways and places, and on singu-

lar occasions,—I say in a variety of ways, as well as upon extraordinary occasions, when either the good man or the good woman is uncommonly stimulated thereto; for some women have actually been got with child in one attitude, who never could be impregnated in any other. The truth of this assertion will be perfectly understood, and easily accounted for by every gentleman who understands anatomy, and most of you, gentlemen, have heard, that a certain lady of quality of this country, still beautiful and lively, has frequently been heard to say, that, for her part, she never could be got with child till, like St. George of Old, she had subdued the dragon! There are on record many instances of women, who, though they had never before been pregnant, yet readily conceived on seeing the lusty vigorous copulation of other animals. It is a common practice among the peasants, when their wives don't fall with child, to carry them to see the intercourse between a horse and a mare, or a bull and a cow; after which the good women are frequently found to conceive. Wonderful, oftentimes, are the effects of holding venereal congress in situations where the passions are very highly excited, or where the hopes of progeny are very strongly impressed on the mind. To these strong mental impressions I formerly attributed, in some measure, the unexpected conceptions which took place in the infancy of my celestial bed! long before it was dignified with that appellation, but when it was called, more simply, and indeed more properly, an electrical bed. It was in Philadelphia, the capital city of the infant queen of empires, where I had the good fortune of studying electricity two years, profiting by the labours of the great prince of

philosophers!—and, (might I not have added),—of the venerable prince of politicians! Five years, gentlemen, had I the happiness of sojourning in that boundless land, which then overflowed with abundance, which glowed with liberality, and whose rising sun announced the great day of Universal Freedom, and shone with intellectual light! During my residence in that wise and all-tolerating city. I was suddenly struck with the thought, that the pleasure of the venereal act might be exalted or rendered more intense, if performed under the glowing, accelerating, and most genial influences of that heaven-born, all-animating element or principle, the electrical or concocted fire! At that time, young, enterprising, impatient, and eccentric, I speedily insulated (or raised on strong glass pillars) a common bedstead, and filled it with copious streams of the electrical fire, conveyed by metal rods, inclosed in glass tubes, through the partition wall from the adjacent room where the great globes were wrought,—globes, I say, for, at that time, we had few, or no cylinders in America, for exciting the fire. I recommended the trial of this, then whimsical, bed to several of my medical, philosophical, and gay friends. They all found that my theory had been founded on nature, that it was even capable of demonstration; and that the pleasure was, under those circumstances, rendered not only infinitely more intense, but, at the same time, infinitely more durable! insomuch that, after a few months, when they were merry over a glass, and when it had circulated so freely as to make them forget themselves and depart from that delicacy and reservedness which ought ever to be observed in these matters, they talked, not as other men might

have done, of the happy minute, or of the critical moment, no ! they talked comparatively of the critical hour !!! But this exaltation and prolongation of the pleasure, was the least important part of the business. The first certain proof that I was favoured with, the vivifying prolific quality of the electrical fire, was a doubly fortunate one. It was in the case of a good, stout-like Dutchwoman, who came up from Lancaster, (sixty miles from Philadelphia), labouring under a paralytic complaint, which deprived her of speech at its first attack, and of the use of one side of her body, and of the limbs on that side. She had been married at the age of twenty-two, had been six or eight years united to a strong likely man, had never proved pregnant, but for the last two years had laboured under palsy, and a dead cold swelling of that leg and foot, occasioned, it was supposed, by a total menstrual obstruction, brought on, they thought, by want of exercise, by drinking for several years very strong coffee every morning for breakfast, and old tea leaves drest up by way of sallad, with salt and vinegar, every night for supper.

The good woman, attended by her husband and her mother, came up to Philadelphia with the hope of being cured of the palsy, and of having the menstrual obstruction removed. With these, and with no other intention, I advised her to sleep, every other night, in my electrical bed, and the whole night under the perpetual and most powerful influences of the electrical fire ; sometimes alone, sometimes with her husband. All this she readily complied with ; and, every night and morning, immediately before and after sleeping in the electrical bed, she went into a full bath of pure, cold, raw water, strongly impreg-

nated with very large parcels of green aromatic herbs, flowers and fruits, viz. : balm, sage, mint, rosemary, penny-royal, lavender, and chamomile flowers, and juniper berries, beat into a smooth paste. Each time, while in the bath, and on coming out of it, she was rubbed long and with the whole strength of her worthy husband. By the use of these means, and by God's blessing, in less than a fortnight the menstrual obstruction freely gave way ; she was perfectly cured of the palsy ; and, by continuing six weeks longer to use the same bath, by drinking strong infusions of the above ingredients in cold water, with honey, by daily exercise in the open air, walking, running, and rolling, and by sleeping, as usual, in the electrical bed, she returned home in perfect health and high spirits, and happily, pregnant ! On enquiring, by the few opportunities which of late years we have so unfortunately had, I find that she has had no return of the palsy or of any other material complaint, and that she is now the healthy and the happy mother of a pretty large family of children.

To the strong mental impressions, gentlemen, which I was mentioning, we must entirely assign the unexpected conceptions which were said to have taken place, after women had performed certain rites in the temples of Venus, and of the other deities of old, said to have been favourable to the generative powers. But the influence of the imagination in affairs of love is by no means confined to females. The other sex have felt its force ; and men have been known to perform amazing feats when their imaginations have been intensely heightened by ideas of novelty, youth, or superior beauty ! A variety of striking and well authenticated proofs of the truth of

my assertion might be given ; at present, I shall adduce but two. The first is of a very celebrated courtesan of the last age, and the second, of a certain toothless old woman of the present.

The former was a native and an inhabitant of the continent of Europe. She had been, in her youth, it seems, the most perfectly beautiful, the most enchanting, the most supremely lovely creature in the world ; and, at the same time, the most ardent devotee of pleasure ! ransacking nature and exhausting art for the means of exalting and prolonging her pleasures, and, custom having transformed her whole soul and body into sensuality, her rage for enjoyment was voracious and insatiable. This course of life soon and inevitably blasted her beauty, extinguished every spark of goodness, obliterated every trace of modesty and delicacy, and prematurely brought on old age. Being now no longer lovely, or able to excite those fierce amorous desires in her gallants that she had formerly done, and being perhaps still more eagerly fond of the pleasures of her younger and more genial years, she fell upon a very curious yet very delicate stratagem. When on appointment she was to pass a night with a very favourite lover, she put into bed, alongside of herself, a sweet, firm, smooth, plump, and rosy young girl ; and, when she found her gallant flag in his embraces, she slyly begged of him, she besought him with peculiar address, to lay his hands upon, to stroke, and to run deliciously over certain parts of this sweet, firm, polished, glowing young creature ! This, she found, always renewed his ardour afresh, and gave her that gross, reiterated, and, I may therefore say, unnatural enjoyment she wished for.

The following story, gentlemen, has always appeared to me the most astonishing instance that I ever heard, of the force of the imagination on the muscular and other powers of the human body, when excited and intensely stimulated by amorous ideas or recollections.

On a genial day, in the month of May, a fresh old woman, but without a tooth in her head, was standing, it seems, in the market place of Norwich, buying butter of a country-woman. Having a roll of butter in one hand, and money in the other, she inadvertently put a shilling in the fore part of her mouth, between her gums, for she had not, I was told, one tooth in her head. At that instant, a noble, stately, high-fed stallion, happened to be led by a country lad. When near the woman, the horse stopped suddenly; the young fellow could not get him to go on, for the horse saw near him a very beautiful mare. The mare at the same time had eyed the horse. Nature immediately exerted herself in both. The horse pawed, neighed, snorted, and shewed the most formidable marks of his desire of being more closely connected with the tempting and amorously fired mare. The good woman, though toothless, was not blind; but, attentively observing the genial fire of the horse's eyes and nostrils, his amazing force, and his turgid plentitude of vigour! she was so violently agitated by every effort the horse made to get at the mare, that, no doubt, recollecting certain pleasures which she herself had enjoyed in her youth, she maddened at the sight, she was convulsed at the recollection, insomuch that she squeezed the butter through her fingers, and actually bit the shilling through and through with her watering yet iron gums!

How astonishing is the force of the imagination on the bodily faculties ! Some of you, gentlemen, may perhaps have experienced, that the imagination being intensely rivetted, at certain times, on a very beautiful or much loved woman, will make a man enjoy a plain one with almost equal ardour. I say not these things to recall past intemperances, to excite lascivious ideas, or to inflame lewd imaginations. No. But for very laudable and important purposes, namely, to suggest to all men the various arts of procreating in cases of barrenness, on subjects but ill fitted to excite the necessary ardour ; I mean on your sluggish, or ugly women, or on those who are past the meridian of youth, beauty, and loveliness. Every one of you, gentlemen, who is blessed with a wife, fancies her, I hope, to be the loveliest woman in the world ! This is the true way to have a numerous and a handsome offspring. What the Papists say in regard to transubstantiation, is really true in all matters of love : “ Crede quod habes, et habes.” Hence, probably, the old proverb,—that all cats are grey in the dark ; and that the maid is as good in bed as my lady ; and we all recollect the story in the Old Testament of the antient patriarch who had the blear-eyed Leah imposed upon him in the dark, by her cunning father. He made her effectually pregnant that night ; nor did he know, till next morning, but that he had been enjoying his beloved, his dearly and long-loved Rachel !

But, gentlemen, ascending, to crown the climax, and to close the Lecture, let us for a few moments consider a little more particularly the influence of bathing on the human body. But as this part of my salutary advice is of such consequence to all mankind, I shall deliver it to each who chooses to accept it, at the very moderate price of ONE GUINEA.

A LECTURE OF LOVE;

OR,

PRIVATE ADVICE,

TO

MARRIED LADIES AND GENTLEMEN.

TO MAN, the most excellent and noble creature in the world, the principal and mighty work of God, wonder of nature ! as Zoroastes calls him, Audacis Naturæ Miraculum, sovereign lord of the earth, viceroy of the world, sole commander and governor of all creatures in it ; and to those lovely ladies who have heavenly beauties in their eyes, grace in their steps, and in their looks dignity and fame, heroines of the melting kiss, and reigning goddesses of heaven-born luscious love ; I earnestly recommend the following precepts.

It is an undoubted fact, that the imbecility of men arises chiefly from high living and debauchery, and the ill health of the ladies from high and sometimes too delicate living, from the fatigues and agitation of pride, passions, gaming, and late hours, and from the uncontrolled indulgence of every foolish desire and inordinate passion, customs so prevailing in England, that foreigners of all distinctions reprobate them in the most severe terms.

Temperance, let me entreat every gentleman and lady, strictly to adhere to, who would wish to have children to become ornaments to society, and to adorn

the age in which they exist. To retire to bed serene, cool, and tranquil, about ten o'clock, and to rise at six, is very conducive to health. For ten years past I have paid particular attention to female complaints, and to every thing that is connected with the propagation of the human species, and I am now enabled to favour the world with advice and instruction, the whole resulting, not only from much study, but also from actual experience among persons of every rank and constitution. My reason for publishing this Private Advice is, that many persons would be glad to have the advice of a practical physician in this way, on so interesting a subject, who, from motives of delicacy, cannot consult me personally; and the fee which is paid for these instructions prevents its being publicly prostituted among the vulgar and licentious. Personal cleanliness, neatness, and elegance, cannot be dispensed with. Let flowers, fruits, presents, compliments, and kind attentions, be constantly heaped upon each other; and, above all things, let sweet and aromatic scents be ever ascending, day and night, from the body and garments of both husband and wife. The happy influence of delicate scents is astonishing in forwarding c—n; therefore, let plenty of lavender and Hungary water, with cinnamon, orrice root, and cloves, mixed with rose leaves, be sprinkled and strewed about the bed, or room.

To those ladies who would wish to become pregnant, let me recommend the following never-failing prescription, which has so eminently distinguished itself in a certain duchess, who consulted me personally on the subject:—

Take one handful of red virgin sage leaves; steep them in a bottle of old red port; then drink a glassful

every morning ; repeat it in two or three months. This recipe I hold divine ; with regular hours and moderate exercise in the cool or open air, whether riding or walking, but walking is to be preferred, with plain and simple food and drink ; bathing is also necessary, a bath, or a bidet, are healthy conveniences ; in case of great weakness, relaxation, and debility, the sea, Bristol, or the German Spa water is preferable, and any of the following will be found excellent, viz. : any chalybeate water, or water fully impregnated with fixed air ; red wine, brisk cyder, or a strong infusion of oak or Peruvian bark, with rose leaves and bohea tea, are extremely useful for bathing the private parts with ; and, in cases of the fluor albus, gleet, or seminal weaknesses, I have found that most of the above, with the addition of a little brandy and a few drops of Goulard's Extract of Saturn, are very serviceable for bathing the same parts ; the loins, too, should be well bathed and rubbed with cold water, or with any of the above mentioned strengtheners.

Those wives and husbands who sleep on separate beds, have their health, nerves, and spirits, better, and stronger, than those who sleep together on warm and soft beds, which are very unhealthy ; the occasional dalliances of the former are more delicate and divine, and their conjugal embraces more vigorous, genial, and ecstatic.

Domestic music, singing together, or in turn, also sentimental, philosophical, and religious conversations and intercourses, especially prayer, which is the most elevating and the most satisfactory of all exercises ; for, after the souls of an amiable couple have been softened, illuminated, and filled with love, har-

mony, and approving peace, by such rational and delightful amusements, their souls rush together, melting with celestial transports, and, winging their soft way through Elysium, they feel themselves no longer inhabitants of this lower world. Let those who value health and strong nerves, drink no tea, coffee, or chocolate, but that which is made of balm, sage, rosemary, or sassafras; those who wish to have children may eat plenty of bread, milk from a young cow feeding in a clean pasture, buttermilk, whey, beef tea; some new laid eggs with almond milk, or tent wine and water, is exceeding healthy, as also a glass of cold water taken night and morning.

Moderation and continency are also necessary for those who wish to be fruitful and happy; let simple unprovoked and vigorous nature invite to conjugal rites and pleasures; let such mysteries be chiefly celebrated after certain periods; and let the interregnum be as long as possible; after those mysteries the lady should rest for an hour in the posture in which she received the blissful effusion of luscious love, or on one side, with her head rather low, and her knees and feet bent, so as to be perfectly easy. I would advise ladies who are too fleshy and full of blood, and are irregular in their monthly courses, to abstain from wine and spirits, chalybeate waters, and aloetic medicines; they ought to drink plentifully of water, balm tea, whey, or chicken water, all cold; and to bathe the parts daily with cold water, and their feet and legs about the time they expect them, for an hour or two every night, in water as warm as new milk; a full tea-spoonful of beat saltpetre and one ounce of barley-sugar, may be dissolved in a pint of hot water, and the half of it drunk cold at

night; ripe fruits are also exceeding good; but, when a lady is pale, lean, languid, and relaxed, a nourishing diet, brisk exercise, fresh clear cool air, and sprightly music, are necessary; also new laid eggs beat into a kind of thin oil, with wine, water, and sugar, or liquorice root, gum arabic, linseed, and conserve of roses, each three ounces, water a gallon, boil them for a quarter of an hour, and when cold, strain them off and drink half a pint twice a day; chalybeate and wine are exceeding good in this case, to be prepared and taken as follows: take four ounces of unmixed iron filings, or broken needles, and of saffron and cinnamon bruised small, each an ounce, salt of amber half an ounce, let all be put in a bottle of champagne wine, and take a spoonful of it twice a day; by due attention to the above directions, a woman of a sweet temper and natural good constitution will be speedily built up into a rock of alabaster, studded with roses, and streaked with celestial blue; she will be a sweet, a lovely, a desirable companion, and the happy mother of a beautiful offspring. In cases of gleets, relaxations, &c., my balsam is the most strengthening medicine in the world; when gentlemen and ladies are married rather late in the world, my divine balsam is astonishingly great. I call it my divine balsam, because, a noble lady, who by it has brought her lord a son and heir, gave it that name; it is a preparation of rich gum, with either æther, electricity, air, or magnetism! it is of infinite use to gentlemen who are enfeebled, relaxed, and exhausted by Bacchus, Venus, or mercurial courses. During my practice in America, I was agreeably surprised to find pregnancy taking place in ladies of different ages, who had been my patients in com-

plaints peculiar to the sex, who had never been pregnant, though married many years ; on my return to Europe, in 1774, having been consulted by the husband of a lady of rank, I had the honour of recommending my medicines, which so established her health, that in less than a year she produced a fine child at fifty years of age, having been married thirty-four ; happy shall I be, if I should persuade any couple to return to virtue, and be the cause of fanning the hymeneal flame, or bracing the bands of virtuous love, or be the moral father of many an heir to noble honours and ample estates, which but for me might have been dissolved in chaos.

It is certain, that the individual who possesses the greatest generative faculty at the time of union, gives his or her sex to the offspring, which, should any lady or gentleman choose, by means of a regimen and electricity, &c., they may be gratified. Who can explain why the magnetic needle should turn eternally to the north, why pieces of iron rubbed in a certain direction should attract and suspend bodies of enormous weight which come within, as it were, their atmosphere ? And yet we are certain of the truth of these things ; let no one ever condemn or say any thing is impossible because we do not apprehend it ; should pregnancy at any time not happily ensue, I have a most astonishing method to recommend, which will infallibly produce a genial and happy issue, I mean my celestial or magneto-electrical bed, which is the first and only one that ever was in the world ; it is placed in a spacious room to the right of my orchestra, which produces the celestial fire and vivifying influence ; this brilliant celestial bed is supported by six massy glass pillars, with Saxon blue and purple

satin, perfumed with Arabian spices in the style of those in the seraglio of the Grand Turk. Any gentleman and his lady desirous of progeny, and wishing to spend an evening in this celestial apartment, after c——n, may, by a compliment of a 50*l.* bank note, be permitted to partake of the heavenly joys it affords, by causing immediate conception, accompanied with soft music; the superior pleasure and ecstasy which the parties enjoy in the celestial bed is really astonishing, and never before thought of in this world; the barren certainly must become fruitful, when they are powerfully agitated in the delights of love. In cases of languor, in order to brace the parts of generation, you are requested to make use of the following expedient: mix cold spring water with brandy, and bathe the parts alluded to twice a day; the fallopian tubes, the womb, and all the parts concerned in c——, are of a spongy vascular texture, consequently they ought to be braced, and, in cases of excoriations or soreness of the private parts, rub the parts affected with sheep's kidney-suet boiled in new milk. This serious medical advice, never before published, should be respectfully attended to, and be regulated by the feelings and good sense of the parties, assisted by a full tide of genial electricity, and, as the battle is not always to the strong, nor the race to the swift, and Providence is pleased to withhold from us what we blindly desire, so it becomes us, especially those who wish for children, to be exceedingly fervent in prayer, melting our beloved souls into one, when the balmy kiss, at the critical period of ecstasy and delight that surpasses all understanding, approaches.

THE END.